

Tips to Stay Motivated With a Walking Plan

For a healthier lifestyle, try walking. It is a simple, sensible, and easy way to get moving and increase your physical activity. Following are tips from the National Heart, Lung and Blood Institute to help get you started and keep on walking:

1. Ask other people to walk with you. Find a partner or a group. When you know someone else is waiting for you, it keeps you going.
2. Wear comfortable shoes and good socks to help cushion your feet.
3. Wear clothes that are right for the season. Try using layers of clothing in the cold weather to keep you warm, and cotton clothes in the summer to keep you cool.
4. Drink plenty of water. It doesn't have to be that fancy bottled stuff--get your own container and keep it filled with plenty of regular water. Carry it with you if you can.
5. Try to start off slowly. Don't forget to stretch before you walk.
6. Be safe--pay attention to your surroundings.
7. Walk in a safe place that has plenty of lights in the evening. Try walking around a local school's parking lot, or even going to the mall.
8. Try to walk at least three times a week. It may seem like a lot at first; try starting with one day a week, and build up.
9. Try to think of your walk in three parts. Imagine a warm-up period at the beginning, challenge yourself with a brisk pace in the middle, and finally picture a cool-down. You can feel success when you finish each part.

Source: National Heart Lung and Blood Institute, <http://www.nhlbi.nih.gov>